

RECOVERY ORIENTED SYSTEMS OF CARE

What is Recovery?



“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

SAMHSA
12/2011

Dimensions of Wellness

- ◉ physical health
- ◉ emotional health
- ◉ stability and quality of family and peer relationships
- ◉ support of living environment
- ◉ positive community participation
- ◉ life meaning and purpose

Characteristics of Recovery

- ◉ **Multiple Pathways**
- ◉ **Multifaceted Change Process**
- ◉ **Supported by Peers and Allies**
- ◉ **Stages**

What is a *Recovery Oriented System of Care*?

- ◉ The *system* in ROSC is not a treatment agency but a macro level organization of a community, a state or a nation
- ◉ A network of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by substance use disorders

What does a ROSC look like?

- ◉ Wide spectrum of services
- ◉ Supports **all** stages and pathways of recovery
- ◉ Includes treatment, alternatives to treatment, and recovery support services
- ◉ Addresses access to services
- ◉ Coordinates multiple services

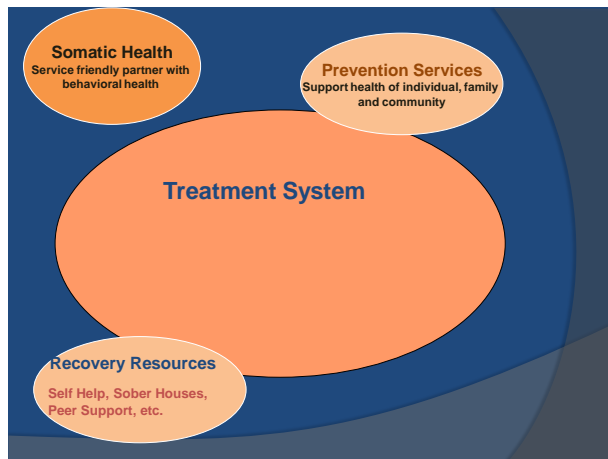
Recovery-Oriented System Goals



- ◉ Intervene earlier
- ◉ Improve treatment outcomes
- ◉ Support sustained recovery

What needed to change?

- ◉ Treatment was isolated from the process of recovery
- ◉ Treatment had become disconnected from the grassroots communities of recovery out of which they were born
- ◉ Belief that treatment was the only pathway to recovery



Treatment System

How have treatment programs changed to become more recovery- friendly?

- acute care model to a chronic care model
- shift the focus from recovery initiation to support for long-term recovery maintenance

Recovery Capital

- The goal of treatment should be to increase recovery assets
- Perhaps people who require addiction treatment services have less recovery capital (social, human, physical)

Problem Severity/ Recovery Capital Matrix

High Recovery Capital	High Problem Severity	→
Low Problem Severity	Low Recovery Capital	→
↓	↓	

Goals of Recovery Support Services

- ◉ Remove personal and environmental barriers to recovery
- ◉ Facilitate participation in the recovery community
- ◉ Enhance the quality of life of the person in recovery

Recovery Support Services

- ◉ Outreach
- ◉ Engagement and intervention services
- ◉ Recovery guiding or coaching
- ◉ Post treatment monitoring and support



Recovery Support Services

- ◉ Sober or supported housing
- ◉ Transportation
- ◉ Childcare
- ◉ Legal services
- ◉ Educational/vocational supports



Elements of a *Recovery Oriented System of Care*

- ⦿ Person centered
- ⦿ Family and other ally involvement
- ⦿ Individualized and comprehensive services across the lifespan
- ⦿ Anchored in the community
- ⦿ Continuity of care

ROSC Elements

- ⦿ Partnership-consultant relationships
- ⦿ Strengths-based
- ⦿ Culturally responsive
- ⦿ Responsive to personal belief systems



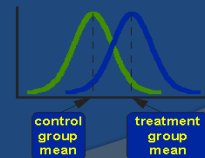
ROSC Elements



- ⦿ Commitment to peer recovery support services
- ⦿ Inclusion of voices and experiences of recovering individuals and families
- ⦿ Integrated services

ROSC Elements

- ⦿ System-wide education and training
- ⦿ Ongoing monitoring and outreach
- ⦿ Outcomes driven
- ⦿ Research based
- ⦿ Adequately and flexibly financed



How have we grown?



Where are we going?



"Recovery carriers are people, usually in recovery, who make recovery infectious to those around them by their openness about their recovery experiences, their quality of life and character, and the compassion for and service to people still suffering from alcohol and other drug problems."



William White

Debbie Green

ADAA

debbie.green@maryland.gov

410-402-8592



Maryland Alcohol and Drug Abuse Administration